# Food is for Health:

Bucksport Regional Health Nutrition Access



### Food Insecurity in Maine

- Maine Ranks 9<sup>th</sup> in the nation for Food Insecurity
- 14.4% of Maine households are food insecure
- 1 in 5 children in Maine are food insecure
- 16% of Seniors in Maine are food insecure

# Importance of a Healthy Diet

#### Vegetables and Fruits are a source of:

Vitamins Minerals Dietary Fiber Plant protein Antioxidants

#### A healthy diet protects against:

Heart Disease Obesity Diabetes Cancer



Common Barriers to Accessing Fresh Produce

# Transportation

Mobility in getting around a store

Expense

# Food Programs

Healthy Acadia Garden

Good Shepherd Emergency Food Bags and monthly pop-up

Healthy Acadia Gleaning

Good Shepherd Mainers Feeding Mainers

# Pick Your Own Garden

Started in Partnership with Healthy Acadia in 2020

2022 BRHC independently took over the responsibility for the garden

6-10 types of produce/ herbs, including strawberries and chives

CHW plans and maintains garden

Other staff volunteer for prepping and planting and end of year clean up

Community members are encouraged to help themselves





# Good Shepherd Emergency Food Bags

- Bags contain non-perishable foods and are easily accessed by patients upon request
- The number of bags taken is tracked and notification sent monthly to Good Shepherd
- Arrive with monthly shipment of fresh produce

Good Shepherd Monthly Produce Pop-up

- 3<sup>rd</sup> Wednesday of every month produce is delivered to Bucksport Community Concerns Food Pantry
- Produce is packaged and placed outside or in the lobby for community members
- Each package has a flyer for the program and a list of local food pantries

# Healthy Acadia Gleaning Program

Healthy Acadia gleans from farms in the Hancock and Washington County region and centralizes pick up at their site in Ellsworth

A selection of produce is put in bins for pick up

Produce is put out at BRHC and CHC for patients to pick up



# Mainers Feeding Mainers



GOOD SHEPHERD

**COORDINATES A** 

PARTNERSHIP BETWEEN

**BRHC AND A LOCAL** 

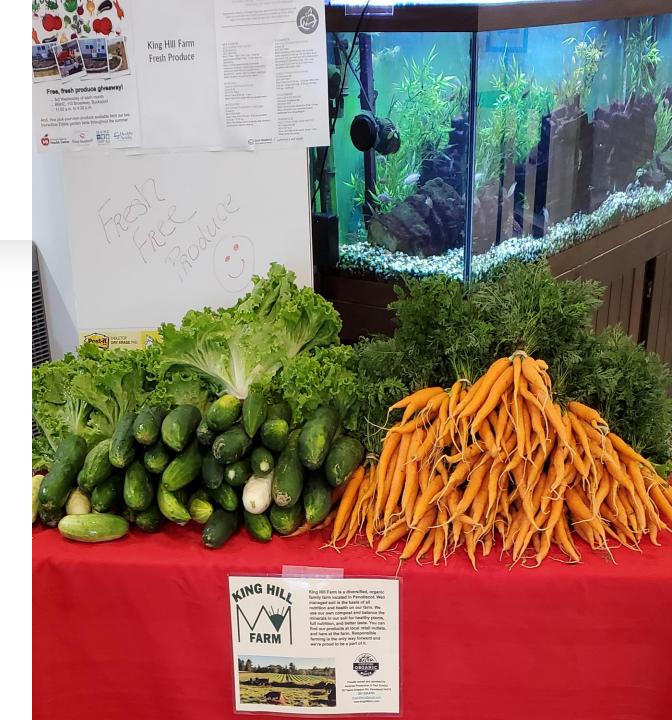
FARM



BRHC WILL CONTRACT WITH THE FARM FOR UP TO 150 LBS OF PRODUCE A MONTH DURING THE SUMMER



PRODUCE WILL BE GIVEN OUT AT LEAST MONTHLY, ALTERNATING WITH THE OTHER FOOD PROGRAMS





### **Question and Answer**

#### Thank you. Be well!



• The University of Maine. (n.d.). *Learn More About Food Insecurity in Maine*. The University of Maine. Retrieved April 8, 2024, from

https://extension.umaine.edu/cumberland/maine-harvest-for-hunger/learn-more-about-foodinsecurity-in-maine/.

• World Health Organization. (n.d.). *Healthy Diet*. World Health Organization. Retrieved April 8, 2024, from <a href="https://www.who.int/initiatives/behealthy/healthy-diet">https://www.who.int/initiatives/behealthy/healthy-diet</a>